

BRIDGES

MUSIC:

Singer's farm-girl grit cultivates a fulfilling career **P. 14**

SHARP EATS:

Make these best-selling quinoa pumpkin muffins at home **P. 36**

WINE WORLD:

A South African pick Pinot Grigio fans will enjoy **P. 39**

WEDNESDAY, MARCH 25, 2015

A STARPHOENIX COMMUNITY NEWSPAPER

MUSCLES BOUND FOR GLORY

WHAT MAKES JOHN KING
LIFT CARS AND PULL TRUCKS
FOR THE FUN OF IT? **P. 4**



FREE

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

KENNETH D. REIMER

Enjoy an adventure through time in Zero Time

"Thirty years from today a beautiful young woman will take a job at the Montreal Toy Company. She will start paying off her student loans, she will fall in love, and she will begin to travel through time."

Imagination often alights at unexpected times and in unusual forms. For my new novel, *Zero Time*, imagination has several unexpected ally several years ago when I had just admitted to my wife that my creative fountain had run dry.

Sometimes fortuitously I scribbled out on bed, and on my head but the pillow,



Kenneth D. Reimer

a cascade of ideas flooded into my mind. It felt as though someone was hitting an unopened pitcher of latent creativity and pouring it through an invisible opening in my forehead.

Zero with swirling images, I scrambled from bed and spent the next frantic hours scribbling down the story as it unfolded in my imagination. The levers, dials and gears of the mysterious Gibson Clock, and the horrid Yag — they were all there, fully formed. If only I could capture them on paper before they vanished back into the void.

The result of that surprising moment of creativity has now reached publication. The premise of *Zero Time* is straightforward. In the near future the employees of a toy company stumble upon a dusty box wrapped in packing tape. When they open this box, they discover an odd-witted mechanical monkey that allows them to travel through time. While using this key one of their team witnesses a terrible death and spends six months in the past and into our present time.

His companions are compelled to track him through an increasingly dangerous space-time continuum where their efforts are sabotaged by a mysterious stranger from the far past region of *Zero Time*.

Although *Zero Time* is a novel of time travel, its central concern is the characters rather than the science. It is an examination of how ordinary people respond to extraordinary circumstances. Recently one of my readers admitted to me that she usually does not like science fiction, then she added, "But I really enjoyed this story. It doesn't matter that it's science fiction, I think anyone would like it."

Give yourself the gift of adventure, let *Zero Time* take you on a journey through time and the imagination.

Zero Time can be purchased directly from Amazon or on Amazon.com in either book or Kindle formats. The good people at your local bookstore can also readily order a copy.



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Girls and Glamour

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Strongman competes for John King does an all-out stone roll. About five stones from 260 lbs. to 375 lbs., at Synergy StrongHub in Saskatoon. BRIDGES PHOTO BY MICHELLE BERG

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Saskatoon musician Elie Berg has expanded her talents beyond the country music genre. BRIDGES PHOTO

BRIDGES COVER PHOTO BY MICHELLE BERG

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ON THE COVER

I think anything's possible. That's how I survived doing so bad for so many years was just knowing it was possible. — Scott Cummine

#STRONGMAN COMPETITION

Perseverance, positivity are Cummine's strengths

By Ashley Martin

"It's a sport where you don't make any money, there's not really any fame, there's not fortune, so you have to just do it because you enjoy it."

— Scott Cummine

The tension snaps. A 400-pound steel log clatters as it hits the floor. Scott Cummine has the best of both.

It's early January and strongman competitor Cummine is at Adrenaline gym training for leg press.

He works it back over, hoisting the 12-inch-diameter log above his head from the ground in five seconds.

The log obscures his face as he brings it back down to shoulder height.

His left foot jolches.

His leg buckles.

His partner, the trainer, which stretches the tension to the max here, won't take the weight.

"Usually when I hear a muscle I can only hear it in my head and no one else can hear it, but the tension is so thick, my knee cap was up and about sag around in the leg," says Cummine, who started strongman 10 years ago. "An injury is just a wrong step away."

And then one was caught on video.

"No one ever gets there as tape like that," he says. He laughs about it when he could just as easily cry. But Cummine is not one to feel sorry for himself.

"It would be easy to quit after this. It's really painful to come back, but there's a lot harder things in life."

Cummine, the strongest man in Western Canada six years running, is progressing ahead of the curve in physiotherapy. He's pushed himself farther than he's supposed to in recovery.

He hasn't stopped training.

"This leg is hurt but I still have three limbs I can train," says Cummine, a former rule taker. "Unless it's a full body cast, there's still something you can actually do."

Continued on Page 6



Strongman competitor John Fina has been in 11 competitions to date. He goes to compete in the Western Canada Strongman competition. He holds five titles and six U.S. titles.

If your heart rate's at 200 beats per minute during a dead lift and it's doing that for an entire show, you're going to have a heart attack. - Cummine



Scott Cummine at the Airborne Personal Training facility in Regina. Cummine has been training as a strength coach for over 10 years. He is a professional bodybuilder.

Authentic Amish Cooking



Copyright © 2014 Authentic Amish

True Belgian Waffles

2 C. Flour
1/4 C. Sugar
2 1/2 T. Baking Powder
1 1/4 C. Milk
1 C. Butter
1 t. Vanilla
2 Eggs, separated



In a bowl, combine flour, sugar and baking powder. In another bowl, lightly beat egg yolks, add milk, butter and vanilla. Mix well. Stir into dry ingredients, just until combined. Beat egg whites until stiff peaks form. Fold into batter. Bake in a preheated waffle iron, according to manufacturer's directions, until golden brown. Serve with strawberries or syrup. Yields 10 waffles about 4 1/4" thick.

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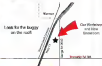
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You come in with all the intensity and there's a crowd there and you're a really good lifter at the gym and you feel like you're going to do really well but you're just not ready for the level of competition. — John King



Strongman competitor John King lifts a 55-lb (24.5-kg) log press at Foreign Forefronts in Saskatoon. Shows made in World's Strongest Man.

He hopes to be in shape for the Western Canada's Strongest Men competition on July 1 in Regina.

This is the second injury King has had in more than a decade as a strong man competitor, but it's not the only injury.

He has a hamstring tear twice past last summer. He has torn his left hip cup three, his right quadriceps and left calf twice each. Those are just the injuries.

"There's always minor aches and pains. My body isn't supposed to carry 1,060 pounds," says Cameron, 31, who works at the Regina Correctional Centre.

"We're doing things on a regular basis that you probably shouldn't be doing," adds John King, a 35-year-old strongman athlete who trains in Saskatoon. "Injuries happen and you can't be naive in this sport."

It's been injury. In almost five

years of strongman training, he's been injured five.

"I'm not going to stop competing because I'm worried about maybe someone in the future I'll lose my knee or blow a disc or something like that. That'll be a pretty lame outlook on life."

Strongman is unlike other sports because less is more in training. Cameron does heavy lifting about three days a week and spends other

days doing colder activities — errands, riding a bike and self-massage.

King trains three days a week for three hour stints.

That's because, for example, carrying a 400-pound "barlow" (a rough hand jacked exercise machine on the knees and spine, Cameron only pretends that every couple of months) Strongman's 30-some other equally arduous events include: At-ten stones (King's best event — lift-

ing stones weighing upwards of 220 pounds onto high platforms), the super yoke (King's moral event — walking while carrying a weighted bar across the shoulders), the car walk (Cameron's worst event — on known Ford F150s, Cameron strapped into a stripped-down car and walking it along a course), and the truck pull (one of Cameron's best events — pulling a truck by hand alone, a course as quickly as possible).

I don't win a lot of competitions. When you don't, you have to see failure as a way to get better or a way to quit. If you don't adapt that mindset, you're going to fail. —Cummie

Learning to manage adrenaline is part of the training.

"If your heart rate's at 200 beats per minute during a dead lift and it's doing that for an entire hour, you're going to have a heart attack," says Cummie, who can dead lift 900 pounds.

To carry a 100-pound child for 100 feet or more, you need low adrenaline for even breathing and a low heart rate. You get into "the zone," like a professional athlete.

"I don't feel any pain or my lungs burning. It's kind of automatic. And when it's done it's kind of like, 'Wow, what happened?'" says Cummie.

"People think that strongmen, you have to be really tired up and psyched up, and some guys are but it's really the opposite. You have to be really relaxed and very calm — because it takes a much focus to do that all the time," adds Cummie.

Continued on Page 8



Strongman competitor John King is originally from Alaska, but now lives in Huntsville working for the U.S. Army. He is a member of the 1987 British Strongman World Championships.

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Nuts About Nature At Beaver Creek Conservation Area

Hi kids! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.



Dear Chip,
My dad and I found a bat on our deck but we were scared to pick it up since it could have rabies. Do all bats carry rabies?

Anne

Dear Anne,
Now don't go belly on me because my bat friends have been getting a bad rap about this for years! People used to think that every bat they saw flying around at night carried rabies, a deadly viral disease that is passed through an animal's saliva. This was one of the reasons that people started to fear bats in general. It wasn't until more research was done that scientists found that less than 1% of bats carry rabies and that other animals are bigger culprits, such as raccoons. Now, this doesn't mean that it is safe to handle a bat that is lying on the ground because any wild animal will try to defend itself if it feels threatened. Instead, you can call my friends at the Wildlife Rehabilitation Society who will help you to solve the problem without hurting your newfound bat friend! So keep your eyes to the sky for our important nocturnal friends and come visit my bat friends at Beaver Creek at 1pm on April 7th and 8th to learn more!

Send your questions to me at the address below then watch Bridges for the answers.

Your pal, Chip
P.O. Box 1000, Beaver Creek
1000 Beaver Creek Road
Beaver Creek, Ontario
M0A 1A0
Tel: (505) 366-1000
Fax: (505) 366-1001



Meewasin



There's always minor aches and pains. My body isn't supposed to carry 1,000 pounds.

—Cummine



Scott Cummine won the Western Canada strongman competition as well as doing activities like tire speed and pulling, and has been competing in the international strongman competition. (SCOTT PHOTO BY SCOTT HAYES)

King discovered strongman while working at New Mexico State outcrops at RHP. RHPs were competing and invited him to watch. King was hooked.

He'd been athletic before, but no more so than other guys in university who go to the gym and read fitness magazines.

Before strongman, "I would have never thought of doubling a car." But "when you are something that you're really passionate about, and you want to be good at, your training just totally changes. You just kind of dive into it," says King, 6-foot-8 and 360 pounds.

After three months of training, he entered his first strongman com-

petition in fall 2006. It went "pretty terribly."

"You think you're ready for it but you're not," says King, who works as a mining engineer in Humboldt. "You come in with all the intensity and there's a crowd there and you're a really good lifter at the gym and you feel like you're going to do really well but you're just not ready for the level of competition. It's an extremely competitive sport."

He got "destroyed" in his first couple of contests.

When he moved to Saskatchewan in April 2007, "I just got destroyed all over again because the competition here is five times what it is in the States. The athletes are significantly stronger."

There are about 20 strongman

competitions in the province.

Lately, Cummine has been helping King with his training program, which King says has improved his skill set.

"My strength and mobility and conditioning have improved on massively," says King, who now has 11 competitors under his belt. "My mental game during competitions is way better."

Cummine was 15 years old and in Grade 8 when he decided to visit the weight room at Sheraton Wapizagong College. He has been lifting weights ever since.

In Grade 10 he was 300 pounds. By Grade 12 he had 500

"It was kind of new and I was progressing fast," says Cummine. "I think it was because no one was telling me what to do."

When he was 18, he saw Polish strongman Mariusz Pudzianowski compete on television at the World's Strongest Man.

That's when Cummine decided to pursue the sport, intrigued by Pudzianowski's speed and athleticism. Plus "he was fairly small, kind of stature like myself," says Cummine, who is 6-foot-8 and weighs about 360 pounds. "Very small for the sport."

By contrast, the current champion is 6-foot-5 and 400 pounds. He's enjoyed the solitude of the sport. No coaches to tell him when and how to train, no distractions to

tell him when or what to eat.

"When you do 500, it's your field," says Cummine.

It was a struggle to learn to mentally cope with that reality.

"If a more powerful thought can get you down, if I don't do good, I'd be really upset about it instead of focusing on the present moment or the future," says Cummine.

He visualizes the outcomes he'd like to see and has learned to focus on the things he can control.

"You can only program yourself for so long. I'm never going to be 300 pounds. I'm only going to be 310 and I'll plateau there physically that eventually we don't really know what the mind is capable of. So I think that's the biggest asset," says Cummine.

I'm never going to be 350 pounds. I'm only going to be 380 and I'll plateau there physically. But mentally, we don't really know what the mind is capable of. So I think that's the biggest asset. —Cummene

"I don't win a lot of competitions. When you don't, you have to see failure as a way to get better or a way to quit. If you don't accept that mindset, you're going to fail."

King is learning to do the same. "You can't make into a strong man competition and say you're going to win," says King.

He sets small goals for himself every few months, as well as a long-term goal.

Right now he has goals that relate to specific training — a 470-pound deadlift, 480 squat and 380 leg press. (In a Feb. 7 competition he achieved a 500 deadlift and 330 leg press.)

His long-term goal is to be certified to compete in Western Canada's Strongest Man, "the best of the best in Western Canada."

Cummene's goal has ended with experience — he's done more than 70 competitions, including nine Canada's Strongest Man and 18 Western Canada's Strongest Man. He's won the latter seven times.

A few years ago, his goal was to compete in World's Strongest Man. Having done so twice, in 2005 and 2014, his new goal is to make the final.

"I think anything's possible. That's how I survived doing so bad for so many years just knowing it was possible," he says.

FOOD IS FUEL

"It's all about calories," says Cummene. "There's no body weight in order to compete."

King and Cummene eat about 4,000 calories per day. They each eat a lot of meat, chicken, ground beef, fish, eggs, quinoa, potatoes and lots of greens.

"Lots of big meals that are also tasty," says King. "You can't expect to make strength gains and do all that if you're picking food you don't want to eat. You have to have a meal plan that you actually look forward to eating."

"You can't do chicken and broccoli four times a day, you'd just want to murder yourself."

Every day means cooking and planning.

Bedding becomes a chore because

WHAT DO 5,000 CALORIES LOOK LIKE?

Salmon — 7½ cups
Quinoa — 22 cups
Peanut butter — 27 tablespoons
Chicken — 16 cups
Bananas — 42
Cantaloupe — 18 pieces
Potatoes — 32
Ground beef — three cups
Olive oil — 2.5 cups
Kiss — 150 cups
Scrambled eggs — 66



Strongman competitor John King carries a 357 kg (795 lb.) frame while training toward his ultimate goal of competing in the Western Canada Strongman competition. PHOTO BY MICHAEL WONG

"If I miss a week of food, I'll lose 30 pounds," says Cummene. "I just try and eat as much as I can honestly it sounds disgusting."

Cummene gets creative — protein

shakes are a great way to quickly consume 1,500 calories.

Before bed, he'll down 10 tablespoons of peanut butter and a glass of milk.

King starts his day with breakfast at 6 a.m., lunch at 9:30, a second lunch at 2 p.m., a snack at 4:30 and supper at 8.

His coworkers are understanding

when he sometimes brings a plate of food into a meeting. When he misses a meal, he makes up the calories later. "That's where you go for the cheatburger rule."

ON THE SCENE

SASKATOON HERITAGE SOCIETY FUNDRAISER

The Saskatoon Heritage Society hosted a fundraising luncheon on March 22 at the Shewan Hotel. About 75 people came out to support the society drive on a locally focused lunch and hear guest speaker Dr. Glen Sutter discuss early museums for Saskatchewan.

The money raised from the luncheon and silent auction will go toward education on heritage matters and publishing the 27th edition of the annual History Review.

The society is a non-profit organization that advocates the preservation of heritage buildings and historic landscapes. To get involved with the society visit www.saskatoonheritage.ca. The group meets on the third Wednesday of each month.

BRIDGES PHOTOS BY MICHELLE BERG



ON THE SCENE



1. Joan Wilkerson and Ruth Miller
2. Geoff Ussel, Barbara Saperstein and Mildred Kerr
3. Valerie Shukla, Wendy Mowbray and Dan Kerr
4. Chris Latour, Laura Foley and Miss Kennedy
5. Jason B. Wall, Mandy Pelt, Teresa Carlson and Clara Bales
6. Saskatoon Heritage Society president Pats McGilveray and guest speaker Glenn Sutton (creator of human ecology)
7. Cathy Fry, Joe Fry, Carol Menon, Peter Flood and Joan Flood
8. Neil Waser and Irene LeGoff
9. Doreen Funk, Margaret Hendry and Victoria Haddock
10. Kristin and Nathan Ernie, Kavanagh
11. Michael Kennedy and Joan Holm
12. Linda Gieson and Paula Bacon
13. Michel Fortin and Henry Remai
14. Peggy Simpson, Joan Penfold, Dennis Bruce and Kevin Kitchner
15. Roger Biddle, Berta Biddle, Judith Henderson and Robert Henderson

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IN THE CITY

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Saying farewell to an old friend



People leave messages and protest on boards around the building surrounding the Farnam Block. The building was partially demolished before last on Feb. 18. #Saskatoon #FarnamBlock

MUSIC

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COUNTRY-WESTERN MUSIC

Barsi's farm-girl grit cultivates career



Barsi, who lives in Abbotsford, was nominated in seven Saskatchewan Country Music Award categories this year. She won two, including radio artist of the year. **SHUTTER PHOTO**

By Ashley Martin

When she was 18, she embraced the idea of a backup plan: She wanted a music career. So she dropped out of university school in Verdun, Alta., got an agent and spent the next two years driving around the Prairies in her old Pontiac, playing solo shows six nights a week.

Eventually Barsi earned enough money to take that Pontiac down to Nashville, where, after years of playing, she remained without a record deal. Better than call it quits, she moved back to Alberta and

decided to cut her own album in a rented studio in Mississauga. Now she and her husband John Can slough have their own studio.

When daughter Kelly was little, rather than put her center on his face, Barsi demonstrated and started performing children's shows.

And when people told her to pick a genre and stick to it, she didn't listen.

"We can't be a one-track pony in this business," said Barsi, whose music runs the gamut from pop country traditional, western, blue-

grass and gospel. "I'm glad that I don't have all my eggs in that (country) basket."

That said, it's not for necessity she's a multi-genre artist. She loves each style equally.

"I've had people in the industry tell me you need to just pick one genre and stick with that" and I'm glad I didn't listen because I would be missing out on all these other opportunities and the joy that it brings."

Today, Barsi has 12 albums under her belt. The most recent one,

released last year is the first for which she wrote every song, rather than fill half an album with tracks by writers she admires.

With *Portrait of a Cowgirl*, she wanted to reflect every genre she plays.

"It was quite a challenge to write that way and I feel like everything I set out to do it's working with this project," said Barsi.

She was nominated in seven Saskatchewan Country Music Award categories in 2011 and won two, including radio artist of the year.



2 PATIOS
Today's outdoor furnishings boost sleek indoor style.

3 GARDEN
A new generation of backyard farmers is into veggie gardening.

8 DECKS
Make your deck more entertaining with an outdoor TV.

outdoor living

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2 outdoor living



A seamless transition from indoor to outdoor living is one of the popular trends for the upcoming outdoor season. Photo Courtesy of Garden Architecture & Design

Outdoor Living REDEFINED

BY HILARY KLASSEN
OF SPECIAL PROJECTS

Remember summer? Those few days between snow and leaves underneath it is one of the way. Soon our longest dream of relaxing outdoors will come! We'll roll into days in the comforting rays of the summer sun (with sunscreen of course) and sit gazing right in sitting around the fire with possible sightings of avian birds. These are the longest for escapes from the 9 to 5.

To inspire those dreams Garden Architecture & Design (GAD) provides a sneak preview into outdoor living trends for the upcoming season, and steps to live outdoors in comfort.

Increasingly, homeowners seek a seamless transition from indoor to outdoor living. "Mid-century modern styling in outdoor pieces to co-ordinate with the popular interior style is a strong exterior style trend this year," says Neil Robinson, creative director for GAD, along with Delana Woodside. "The interior style of the home should transition seamlessly to the exterior spaces. This creates a harmonious feel both inside and out." Beautiful new outdoor furniture frames and fabric styles available for 2015 can complement any interior style.

Outdoor spaces that are conceived as an extension of our home or cabin allow us to extend the outdoor living season for as long as possible. Robinson says that when you stepped up this spring and summer as many designers are offering new furniture, textiles and materials that resemble indoor furnishings yet can withstand the elements. Families are incorporating large umbrellas, fire tables, pergolas and cabanas in their outdoor spaces to control the climate and create a sense of ease.

says Robinson.

First tables, both round and glass top, continue to be a great option as replacements for traditional coffee tables. Robinson points to square dining table keep options noted for outdoor use as well. "Smaller spaces, we are seeing a preference for that is still deep seating over dining-style seating if we are unable to accommodate more than one functional space," he says.

Also new for 2015 are beautiful mosaic glass stainless steel furniture frames to create a sleek, glamorous outdoor ambience. "Blended with a coastal style fabric selection with pops of coral, red, or yellow, they are bringing a more nautical feel to the furniture." Of course, all natural blends – sand, stone, charcoal, and reeds – are still popular pieces with striking accent color choices according to Robinson.

For greater design flexibility homeowners can consider going with wicker, whether it is a flat or rounded weave. "The wicker look is a very organic style that can be seamlessly introduced into outdoor spaces. We are seeing more wicker style materials paired with a slight steel leg to add that sense of glamour to the natural woven look."

The creative director at Garden Architecture & Design recommended asking a lot of questions when shopping for outdoor furniture. They also point out some additional considerations to factor in when selecting outdoor living furniture:

Your choice of materials for the furniture frames will determine the longevity of the outdoor furniture that you buy. Material grade

material steel, wrought, or cast aluminum provide durability to the furniture frames, even the wicker style frame is made of these strong metals.

There are many fabric options for outdoor furniture, and this is an important as the fabric material. It all goes back to quality, comfort & durability.

We believe that you must actually try the furniture before buying it! The frame design very widely and comfort is key. A photo on a website may look good, but it will not tell you how that piece of furniture feels," says Robinson.

If you think it's time to replace that wobbly aluminum chair and that flimsy plastic table, you will find an array of options in front of you. Today's outdoor chairs might be wrought iron or wrought aluminum, with upholstered seats. The table might be stone or wood or an elegant faux version of either and would not look out of place indoors in the dining room," says Robinson. Add outdoor sound systems, lamps and lighting, and the backyard or balcony can look and feel like an extension of the home.

Garden Architecture & Design loves to personalize the customer experience. Those outdoor styles are limited to ask the right questions to assist customers in choosing an outdoor style that reflects their home and lifestyle. "They have expertise on how to best layout your space as well. We know it's important to have the backyard area that you imagine, whether it's lounging by the pool or an elegant intimate space to catch up with friends and family. We love to help our clients

make their own unique vision," says Robinson. "With the biggest outdoor show season in western Canada, they're well prepared to do so."

See gardenarchitecture.ca for more indoor/outdoor.

outdoor living

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BY JENNIFER JACOBY-SMITH OF SP SPECIAL PROJECTS

Be a backyard farmer

Our grandparents did it. Now a new generation is discovering the allure of fresh produce just a few steps from your back door. Creating a successful vegetable garden does take some planning, says Vicki Berg from Emily's Farms and Garden Centre.

It might seem as easy as planting some seeds

into the dirt, but Berg has several suggestions to ensure success for those starting a garden for the very first time.

Her first recommendation is to do some research. A few internet searches can give you the best vegetables to grow in your location. Berg urges novice gardeners to start with easy-

to-grow plants like carrots or lettuce. Higher maintenance plants such as peppers might prove to be less challenging.

Another plant Berg says to avoid is radishes because the little rule suggests one grows to root maggots for which there are no remedies. "Sometimes first year gardeners are overcautious and they want to try everything. And with no experience, sometimes the plants die and then they get discouraged," Berg explains. "I tell people to start simple."

Once you're armed with a list of plants you'd like to grow it's important to make sure your yard adequately sunlight. Many vegetables will see a reduced yield if there is not enough sunshine. Stone – like carrots and potatoes – can handle a bit of shade. Others, like lettuce, peppers and tomatoes, require a good deal of sun, and warmth and will not produce well if their need for sunlight is not met.

Another caution for gardeners is to not rush to be the first one with plants or seeds in the ground. "In the spring everyone is all going hey, but a lot of people don't realize that if the soil is cold and wet the seed is going to rot and then they say there's something wrong with the seed."

Berg says her own garden plants often don't make it into the ground until sometime in June. The warm soil and lots of sunshine mean the plants catch up quickly.

New gardeners would also do well to do a little digging – literally. Finding out what kind of soil you have is very important to make sure what you plant gets the nutrients and space it needs to produce. Make sure you've got well drained soil without rocks. If your soil is heavy clay, you'll need to amend it with compost or good top soil.

While you're getting to know the dirt in your garden, you might want to test the compos-

tion of your soil. If your soil is too acidic, certain plants won't grow. Or if your soil has too much nitrogen, your carrots will be all tops and no roots. Testing kits can be purchased at most garden centres. After that you'll be able to determine what type of fertilizer or organic material to mix into your top soil for the perfect growing medium.

Today's gardeners are not the sprawling plots your grandfather tirelessly tended. While yards are getting smaller, young growing families still want their yard to accommodate play equipment and other fun activities, so would-be gardeners have to become creative in finding space.

Square foot gardening is a popular solution. Rather than depositing seeds in a row spaced out by paths, square foot gardening blocks all a two-foot by two-foot area. Seeds of the chosen plant are then broadcast within that two foot area. The idea is to make better use of the available space.

Vertical gardening involves growing plants – such as cucumbers, beans, peas or even asparagus – close to a trellis and allowing them to grow vertically instead of horizontally. It can save roots when space is at a premium.

Container gardening can also solve space issues.

"The most popular for container gardening is cherry tomatoes, peppers and herbs," Berg says. "Some people do lettuce and spinach or Swiss chard. Some will get Swiss chard and put it in the centre of a flower pot and fill the rest with flowers."

Gardening requires patience. There are few shortcuts to a successful garden. Year after year it takes effort and commitment, but when harvest time rolls around you'll enjoy a bounty of fresh garden vegetables. And then you'll start planning what new things to grow next year!



Creating a successful garden takes patience, but the results can be worth it. Even a small garden plot can have a big yield, if you add a little creativity. Photo's design



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BY JENNIFER JACOBY-SMITH OF SP SPECIAL PROJECTS

STARTING FROM SCRATCH:

From bare lot to beautiful yard

Moving into a brand new home can be an exciting adventure. But it can be disorienting when you look outside and see a yard full of bare dirt. It's a blank canvas waiting for your personal stamp and it can be overwhelming to know where to start to create the yard of your dreams.

Jonathan Allardt of Allardt's Landscaping has a few pointers for those starting a yard from scratch.

First, Allardt recommends homeowners sit down and come up with a clear budget for your yard.

"A lot of people when they're on a budget want to do the pretty things like a driveway," he notes. "Which may slip over things like a driveway."

Allardt encourages homeowners to start with what he calls the "bones" of the yard—the driveway, patio and irrigation. In doing the driveway at a later date, you could end up ripping out all the installed irrigation.

It ends up costing you more money later if you skip on the necessities now," Allardt maintains. "Once you have that prioritized you should definitely talk to a landscaper and he can give you ideas on design in terms of plantings."

With yards a lot smaller and homes built so close together, many homeowners are concerned about privacy. One recent client of Allardt's faced a dilemma with several neighbors' decks overlooking his yard. Allardt created a small upper deck and larger patio at ground level. He added trees along the fence line to create a secluded yard for relaxing or barbecuing.

When thinking of privacy, the best trees are cedars or Swedish aspens. While aspens are similar to poplars, they don't have the same for reaching root system as poplars.

Privacy doesn't always mean planting a tree. It can be achieved with a lattice and a pretty vine—such as clematis.

Allardt also suggests making sure there is adequate space around fruit-bearing trees to catch ripened fruit, not just now, but also in the future. A small blackberry plant border may be suitable for when the tree is young, but once it gets established its fast-growing branching will have a larger need. He suggests seven or eight feet from the base of the trunk.

If you're getting a fruit tree, make sure you're getting a couple of them if you want them to produce in abundance. You'll get better yields when you plant two or three. That's something to consider when planning your space.

Another consideration with fruit trees is the ones ripened that can create. You will need a



When starting your yard from scratch, it's important to focus on what Jonathan Allardt calls the "bones" of the yard—driveway, patio and irrigation. Once those are in place you can turn your attention to plantings and house features, such as a fountain or garden.

lot of room around the base of the tree to catch the droppings, otherwise the fruit can ruin your grass. And you don't want to run over the landscaping that when you mow the grass.

Leaving such large amounts of space around a small tree can be hard to swallow when room is at a premium, but it can save headaches in the future.

He also adds a quick tip when installing trees: Always encase the whole yard with a bedding area just so you don't have grass right up to the base line.

He also adds a quick tip when installing trees: Always encase the whole yard with a bedding area just so you don't have grass right up to the base line.

Finally, quality soil is absolutely crucial for lawn health. Getting low soil may not be the solution. Many times you don't know the content of the soil. It could be full of sand, clay or rocks, making the job of installing your lawn



even tougher.

It may be best to get an excavator in to remove some of the soil your builder left and make sure you get sufficient top soil to establish your grass. To get the best results for your lawn, Allardt says you'll need four to six inches of top soil.

If it's too shallow and your underlying soil is merely clay, you or your contractor may have some cheer words when it comes to putting in

sprinklers.

"Trying to dig a trench through clay is not fun," Allardt says.

Having a beautiful lawn and yard can be worth the extra expense and effort. You get to enjoy the fruits of your labors with a lush place to shut out the rest of the world and just relax. As well, when it comes time to sell your house, an Allardt reminds his clients, "First impressions are your best yard."



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Outdoor Living



Welcome the Monarchs with a butterfly garden

BY JEANNE ARMSTRONG, SP SPECIAL PROJECTS EDITOR

Monarch butterfly populations have been declining for the past two years, with the most significant decreases occurring over the last three years according to Monarch Watch, a non-profit educational outreach program based at the University of Kansas.

In its most recent population status report, Monarch Watch reveals that the size of overwintering Monarch colonies in Mexico was the second lowest on record this year and goes on to describe the current Monarch population as "extremely vulnerable."

David Bohlin is the founder of Monarch Forever, a travelling butterfly exhibit that has made several stops in past years at Saskatoon's Gardeners show. Bohlin fears that Monarch butterflies could disappear from North America within just a few years.

Factors threatening the Monarch include climate change. "The monarch cross about seven totally different eco-systems across North America during their migration. Every single one of those eco-systems is changing," says Bohlin.

Activities like illegal logging in Mexico and the planting of genetically modified crops in North America are eliminating the one natural plant the Monarch relies on for its very existence.

ence, the milkweed plant.

Milkweed is the Monarch's host plant. The butterflies lay their eggs on the underside of the milkweed leaves. The caterpillars which hatch from these eggs rely on milkweed as their only food source.

Milkweed has been eliminated from row crops in North America and milkweed that used to grow along the edges of the canola, corn and wheat fields use all gone," says Bohlin. A milkweed drought in the south west U.S. has also hit hard.

What can gardeners do to protect the Monarch butterfly and encourage its annual migration into Saskatchewan and other parts of the country?

"It can be as simple as planting milkweed in your garden," says Bohlin.

Creating a butterfly zone in your backyard is very easy," says Kelly Leach, manager of Prairie Organics, a nursery specializing in native prairie wildflowers, grasses and plants, located

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BREAKING GROUND

The right tools for the job can be the difference between an irremediable landscaping project and one that goes smoothly and efficiently. When it comes to charming and fix garden beds or digging holes for outdoor structures, you need a tool specifically designed to break ground.

ROTOCULTIVATOR

A rototiller is a powered garden tool designed to loosen soil prior to planting or to remove the soil during the growing season. Rototillers can break through tough soil and any plant roots. They come in a variety of sizes, and it's best to match the tool to the size of the job. Many homeowners can get by with smaller, less powerful models, especially if the tiller is only necessary at the beginning of planting season. Professional landscapers or those with huge yards may benefit from larger models.

AUGER

Augers, both mechanical and manual, are essentially large drill bits that help move dirt from one location to another. Available in a variety of sizes, augers are typically used to cut holes in landscapes and they

are good for post hole drilling, which is part of the process of installing deck footings, fence posts or other structures. Augers dig deep holes, so it is always smart to have the property surveyed prior to use to avoid damaging pipes, gas lines or buried cables.

CULTIVATOR

Cultivators are similar to tillers in that they loosen soil. Cultivators are effective during the growth period of plants when they can be used to aerate the soil and remove weeds. Cultivators come in hand-held versions and push models, and most are manual. Cultivators get close to plants to remove weeds without disturbing the plant. They also are used to mix in compost or fertilizer.

As cultivation and tiller are one and the same? Not a cultivator is less powerful and will mix the soil and sit on the top layer while a rototiller can break up irretrievably hard ground and loosen firm soil.

When using any tools around the garden, wear the proper protection. This includes wearing a dust mask when using power tools or use eye wear and gloves and safety goggles.

in Saskatoon, Manitoba.

"There are two main things you want in a butterfly garden," says Lesniak. "Adult butterflies eat nectar, so you want to have nectar producing flowers." She recommends easy-to-grow varieties such as Aster, Black-eyed Susan, Joe-Pye and Larkspur.

"The other thing you want in your butterfly garden are host plants. Most species of butterflies have a specific group of plants they eat out. For example, Black Swallowtail butterflies eat plants that are members of the carrot family. Heartleaf and Goldenrod. Alexander as well as carrots, parsley and dill."

Lesniak says that Monarch butterflies eat different varieties of milkweed (Asclepias). "The variety most commonly available at garden centres is Asclepias tuberosa, commonly known as Swamp Milkweed. Other native milkweeds include Dwarf Milkweed (Asclepias verticillata) and Whorled Milkweed (Asclepias verticillata)."

"Most milkweed varieties prefer full sun," says Lesniak. "Some types like moist soil conditions, while others thrive in a drier environment." The best time to direct seed milkweed is early spring or late fall. "They germinate quite well in the cooler part of the season," says

Lesniak. "If you plant them a little too late in the spring, or if the spring is too warm, you can leave the seeds where they are and they might come back the following spring."

If you decide to start the plants indoors, Lesniak warns that some native varieties need to be started. "They need a cool start and need for six weeks. You can do that in your fridge if you want to start them indoors."

Milkweed is a perennial, each plant has a five- to eight-year life span. "Because they're native plants, they're all super hardy," says Lesniak.

Planting milkweed not only provides a delicious buffet for Monarchs, it's also an easy way to beautify your yard. "They're very attractive, offering a variety of beautiful colours," says Lesniak. Dwarf Milkweed and Whorled Milkweed both have white flowers, while Butterfly Weed (Asclepias tuberosa) has bright orange flowers.

If you can't find milkweed seeds at your local garden centre, Prairie Originals offers mail order service to Saskatchewan. "We get quite a few orders from Saskatchewan, including plants that we shipped last year to Inuvik and Repulse in Saskatchewan," says Lesniak. For more information, visit www.prairieoriginals.com.



The best way to support Monarch butterfly populations is to grow host plants like milkweed. Monarch butterflies lay their eggs underneath milkweed leaves, which then become the sole source of food for the larvae that hatch out three to five days later. Photo: Fataha



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B outdoor living

Take your TV outdoors!

BY TOM CREMONDI
FOR SP SPECIAL PROJECTS



An outdoor TV is now the new must-have entertainment option for your backyard deck. SunBrite TVs, available at Krissy Kiley's in San Jose, offers two lines of televisions for outdoor residential use. Photos courtesy of SunBrite

"You know what would make this deck even better? A big screen TV!"

Anyone who's ever said that is now seeing their dreams come true, thanks to a host of products recent to withstand weather extremes and the elements.

"People are making their backyard spaces into their homes (using lawn furniture and kitchen-like cooking areas). It's only natural that homeowners would also want to have their televisions out there, too."

Asked if this applies even to our long, cold winters, Farmer responds, "Yes! I'd have no problems watching the Super Bowl in my hot tub."

He sees Krissy Kiley's and other retailers are now making that possible. "You can buy TVs with special coatings and screens that make them protected from the weather and more usable in all conditions, especially in the light sun. There are also outdoor speakers, iPods and other accessories to go with these."

He adds that ever-improving wireless technology is making that, making connections simple and convenient. All one needs for wiring is a plug-in for the television.

How much one wants to do depends on their lifestyle, but Farmer says, "At the most, I could see someone spending \$7,500 to \$8,000, depending on the size of TV and how much they want to accessorize. This would include installation."

Farmer notes that the trend is relatively new to San Jose, but he expects it getting stronger as technology brings more improved electronics.



One company bringing such products to the North American market is SunBrite TV.

SunBrite TV was established a decade ago by a group of California entrepreneurs who wanted to enjoy the outdoors while still being able to watch the baseball game reports done from Johnson. SunBrite's marketing manager, "The result was the first television engineered specifically for outdoor use. The company's

products can now be found at over 30 major sports venues, and in numerous commercial spaces or homes across the continent."

"We offer two lines of televisions for residential outdoor use," Johnson says. "Our Signature Series TVs are withstand temperatures from minus 18 to plus 50 Celsius. The more durable Pro Series TVs have a built-in heater, allowing them to operate in conditions as cold as -40 Celsius."



More than cold, SunBrite televisions are built to withstand other elements, including rain, wind, dust and even salt.

"The TVs are so durable because we use powder-coated aluminum instead of plastic casing," Johnson explains. "Instead of plastic the TVs have glass screens that are brighter and anti-glare. Our Pro Series screens can be viewed even in direct sun light."

SunBrite offers weather-proof accessories such as wireless receivers and mounts, he adds. "The mounts are specially designed for outdoor use, too. They're built of heavy-duty castings to withstand moisture and to inhibit rust. The wireless receivers are also weatherproof and can transmit full 1080p HD up to 100 feet line-of-sight via an HDMI in and HDMI out receiver."

Johnson says these specifically designed products are crucial. "Some people think it's just easy to move their TVs and devices outside but it's not. Using your indoor sets and devices outside could put you at serious risk for electrocution."

"Ours is a beautiful product built for the elements," he continues. "The TVs will extend your indoor living area and enhance your outdoor spaces perfectly."

The Signature Series offers four sizes — from 32 to 60 inches — ranging in price from \$1,999 to \$9,900. The Pro Series is available in 32, 43, and 55-inch models, priced between \$3,070 and \$7,245.

For more information about SunBrite TVs and accessories, visit sunbrite.com. Krissy Kiley has two San Jose locations — at San Jose D and 28th Street and now open in the University Heights Square.

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THE BIG COMFY COUCH: Outdoor furniture gets comfortable

BY KIRA DEFFERT FOR SP SPECIAL PROJECTS

Is summer getting longer in Seasideview? In years past, there was a very small window of time where we could enjoy spending time with friends and family in our backyards.

"Normally," says Brent Casey of Gould Home Recreation, "late to September would have been when it was comfortable to spend time outside in the evening. But now, with the warmth provided by new fire pits and fire tables, that season has been extended to March through November."

A new trend in outdoor furnishings has also turned up the comfort level of backyard decks and patios. "For the past 24 months, the trend for backyards has moved drastically away from doing sets and outdoor lath chairs, towards comfortable chat areas with big, comfy couches that provide a more intimate area."

Casey says that replacing a big outdoor dining table with a smaller fire table or fire pit "helps to better facilitate the flow of conversation." Fire tables in particular, says Casey, are popular choices because "they give out a comfortable heat that is directed to where you are sitting, but the surface of the table stays cool. And you get the added embrace that an open flame offers."

Gould Home Recreation has over 32 different models of fire tables available in a number

of different looks, including solid granite and hammered copper with metal aluminum tops to fall into composite tops. The tables are available in several shapes: the square, rectangular, circular and hexagonal.

Even without a dining table, a chat area can still accommodate hungry guests. Casey explains that "we are finding that people would rather be closer together and hold their plates on their laps than sit at a big dining table. They can also put their plates on the fire table."

Turn up the comfort level in your chat area with stylish sofas, love seats and club chairs, featuring either a wicker or aluminum base topped by big comfy cushions. Casey says these cushions are nothing like the ones we grew up with. "I think we can all remember cushions that took days to dry after they got wet." Today's cushions are UV resistant and Seasideviewed with water-resistant levers. If they do get wet or if you need to hose them down, all you need to do is dry them off with a cloth and they are ready to use. Premium can be left out in all weather, he adds, "nothing everything is really very durable." The wicker furniture line, featured at Gould's is rated for 50 temperatures.

Style-wise, Casey says that bright, vibrant colors are on trend this year. Our number

one seller right now is burgundy but black and white patterns with maybe a hint of green

accent pillows are also popular. Browns and beiges are still staples, but if you are going to do that, maybe have things up a bit with a colorful throw pillow. Casey adds that lay sofas and ottomans are also going to be popular this year.

When cooking outside, Casey says that the hottest trend is the compact Big Green Egg, which is a ceramic charcoal barbecue that also works on a convection oven. With the Big Green Egg, you can cook or smoke meat, cook your sides or even bake a dessert. They come with a lifetime warranty and are available in seven different sizes, from mini to XX Large.

Casey believes there are a number of reasons for the rising popularity of taking rustic living outdoors. "It's a lot of leisure, the family may not be dominated by a big rock table, which is great if you want to play pool, but maybe not an ideal place to visit. Also, a lot of the new homes being built in Seasideview have finished basements, and it is cheaper to make a



Outdoor furnishings are now as stylish and comfortable as their indoor counterparts. Fire tables have become particularly popular in Seasideview, for their warm ambience and attractive styling. Photos: (Home) Gould Home Recreation

family area outdoors or on your deck than it is to finish the basement.

Casey adds: "People like being together outdoors around a fire. Maybe you are enjoying time with friends or meeting with a client with your kids. Either way, you are creating quality time together."

For more advice on creating the ideal outdoor space, visit Gould's Home Recreation at 116 Avenue B North or visit us online at www.gouldhome.com.

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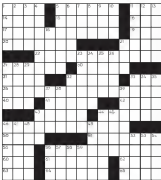
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JANRIC CLASSIC SUDOKU

Level: Gold
All in the blank cells are numbers 1 to 9. Each number can appear only once in each row, column and 3x3 sub-grid. Use logic and deduction to solve the puzzle.



Sudoku is the crossword puzzle of the Sudoku world. Found on Page 29.

#ASK ELLIE

Neediness is a bigger alarm than a planned absence

Q. I've been dating a man for over a month and, we're not "official," but it seems that both of us are pretty serious about this relationship.

Neither of us has been pursuing relationships with other people.

But one challenge we've been facing is a matter of schedules. I work first shift and he works second, so we don't see much of each other during the week (occasionally we can meet for dinner).

Weekends, while sometimes difficult too, have been up to the bulk of our relationship and we've been content.

Earlier this week, he mentioned going out of town to visit some friends for the weekend.

I knew I'd be welcome to come along, but I have to cover shifts this weekend.

He knows I'll have to stay in town, yet he wants to leave abruptly. Normally when we have weekend conflicts, we find time to meet up after he returns for work. This time, I'm pretty upset about his decision.

Is it unusual or presumptuous to think that, given that we've been weekenders, he'd want to forego the visit with friends to stay in town with me?

A. Oh should I be considering this a hint that he isn't as serious as I thought—or maybe he should be looking elsewhere?

Real Sign?

A. After only one month of dating on limited schedules, it's not unusual he already had plans for the next weekend (both in Canada and the United States), despite it being Valentine's Day.

It's a positive sign that he'd welcome you along.

So managing negatives from this would be crucial: There's no hint of less interest as you go.

The one hard to think about is whether you appear too reliant on him for some. That's what can drive a guy away faster than a week-end trip.

Q. I'm 38, married, have Asperger's syndrome, clinical depression, and severe anxiety disorder.

My doctor and I decided that as children enter one year of age, could attend our wedding. Among our friends and co-workers, even those with older children won't be bringing them.

My brother and his wife are expecting before the wedding, but their'll be no co-workers. They've made no desire to be close to us.

He told me just about how he helped me throughout our childhood (never).

He won't talk to me about anything, not even when he visits my parents.

However, my family's attempting to ease

Ask Ellie



heavily manipulate me to make an exception for them.

My parents say that to me is the extended family will come of the infant and I wanted. This includes the only grandparent I've had since age six.

My mother has also refused to attend since our wedding will be delayed here.

This hurts deeply. I've tried to explain things calmly to immediate family. They shoot and refuse to listen.

But my father and I WANT those we feel close, to witness our celebration/holy union. Do I just not realize those are just burning us?

Harmed Bride

A. Only you can weigh the chances. Most of all you want to feel happy and understood on your wedding day.

Your family's being difficult, but with a first grandchild there's an emotional side to this wedding the day present.

If they follow their hearts and don't attend, that could shadow the day greatly for you.

One option can be sought and kept from disrupting things by all the family around. You could even arrange for a "baby station" away from where the ceremony takes place so the infant starts flailing.

Q. I'm a girl, 13, who's "washed of opinions." It started when my teacher asked me a question about a book I was reading. Every one laughed at me.

Though my response was right, I never stated my hand soon. When my teacher gave her opinion about a very thoughtful story, I disagreed so much it made me nervous and I pulled.

I've always up since at school and at home because I've too scared to speak my own mind. It makes my stomach hurt.

A therapist I know said I need help but my parents said I am just a hypochondriac.

I also have schizophrenia as my guess from my father and grandma but I don't seem to help myself.

Scared

A. Tell your teacher and school counselor as well as your parents that you want help for your anxiety. Tell them all that your fear of opinion is interfering with learning.

GARDENING

EASTER FLOWERS

Will the real Easter lily please stand up!

By Eri Svendsen

While the date for Easter is variable from year to year, we can be sure that spring weather is not far behind. The other certainty is that stores will soon be selling plants to help celebrate the season.

It's no coincidence that most traditional Easter plants actually flower in early spring but in more temperate climates. Two common but very different bulbs are referred to as Europe or North America as the Easter lily: one is a lily the other a daffodil.

A white lily is the most common plant gracing churches and homes during Easter. In Christian tradition and art it symbolizes purity, virtue, wisdom, hope and life. Emerging from a seemingly lifeless bulb, the lily has also been used to represent Christ's resurrection. Legend tells us that drops of perfume were shed by Christ while in the Garden of Gethsemane were miraculously transformed into white lilies.

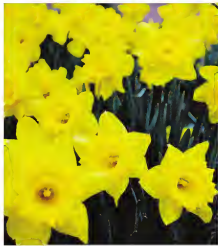
The Madonna lily (*Lilium candidum*) with its pure white blooms on sturdy stems, was adopted by 13th Century Christians to represent the Virgin Mary. But because it does not flower at time for Easter under natural conditions, the earlier flowering Bermuda lily (*Lilium longiflorum*) has been used since the 18th to mark the holiday. Greenhouse growers have learned how to trick their lilies into blooming at precisely the right time each year by controlling temperature and day length.

When choosing an Easter lily look for plants with blooms in various stages of development (many buds tightly open, firmly). Leaves should be dark glossy green, dense and dense to the soil. To extend its blooming period, place it in a cool location, away from drafts and out of direct sun. Water only when the soil begins to feel dry. Removing the pollen leaving anthers does two things: it extends the life of the blooms, and prevents the sticky yellow pollen from coming into contact with fabric (like your best shirt). Remove any pollen from clothing with sticky tape rather than trying to wipe it off.



The traditional Easter lily makes the perfect addition to your dinner table. PHOTO COURTESY MATT HANE

GARDENING



Yellow daffodils in bloom signal the beginning of spring. PHOTO COURTESY LAURA SITNER

In Norway and other European countries, the traditional Easter plant is the *Pulsatilla*, intensely meaning Easter lily. The *Pulsatilla* is what we know as the daffodil (*Narcissus* spp.). In fact, early common names for daffodil included Easter lily and Lent lily. The daffodil symbolizes rebirth, hence its association with the celebration of the Resurrection of Christ.

It might be surprising to learn that North America's second largest daffodil grower is in Canada — Longview Farms (formerly Van might Farms) on Vancouver Island with an annual production of nearly 30 million flowers, shipped throughout the world. They're in full harvest made right now and desperately looking for pickers! There's a good possibility that the daffodils you purchase this spring came from Longview.

Daffodils are available in bundles and should be bought with most of the buds

closed. Buds should be treated with a sharp knife and placed in water immediately upon arriving home. For maximum vase life, keep them in a cool location out of bright light. Re-cut the stems and replace the water every two or three days. If you have a mixed arrangement of daffodils and other cut flowers, you'll need to keep the daffodils as a separate vase for a couple of hours after cutting. Otherwise, the sharp alkaloid sap that leaks off the cut end will shorten the vase life of the other flowers.

This column is provided courtesy of the St. Louis-based Perennial Society (www.saskgarden.com, hortarnet@yahoo.com). Check out our bulletin board or calendar for upcoming garden information sessions and other horticulture events! Gardening tip: March 27-28 at the Seattle-Kirkland Garden Show.

Here to Help

Mariessa Wesolowski
Artist in Residence

Thank you, Mariessa Wesolowski for encouraging patient and family healing through creative expression at St. Paul's Hospital Art is a powerful way to foster emotional, social and psychological well-being and it is part of our holistic approach to care.

St. Paul's Hospital
 A community of health, hope and compassion for all

Fostering the healing arts since 2005

D52 20th Street W. Saskatoon, SK • S7N 0Z9 • (306) 455-5000 • www.spsouthospital.org

EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

MUSIC

Wed., March 23

Marcus & w/ Hazel and Dean Crane
Sushi Palace, 3512 N. 4th Ave. N.

3-Strings Pro/less
Buds on Broadway, 617 Broadway Ave.

Jazz Review: Jazz Jam with The Brent Scales Trio
The Basement, 204 Fourth Ave. N.

Brian Del-Town
Peggy's Pub and Grill, 1403 N. 4th Ave. N.

Thurs., March 24

The Tone Cruisers
Onion Restaurant & Lounge, 1-227 N. 4th Ave. N.

Mudmen
Buds on Broadway, 617 Broadway Ave.

Roots Series: The Once
The Basement, 204 Fourth Ave. N.

The Department Heads w/ Frankie McQueen
Vampiro Tavern, 621 Broadway Ave.

Pear
Station Arts Centre, 701 Broadway Ave., Downtown

Ami's Hope in the Heart w/ Agony Scream, Black Hell or Red Wrecked
Buds on Broadway, 617 Broadway Ave.

Courtney w/ Cooking with Sandrine, This Cold Town and Thine Delay
Bourgeois Film & Record, 100-220 Third Ave. S.

Fri., March 25

Parlay w/ Edgar: Rents



Adam Levine and Maroon 5 will perform Wednesday at South 9th Centre. ©TUTT NAKES PHOTOGRAPHY

TCU Plaza,
300 22nd St. E.

SW Café
Buds on Broadway, 617 Broadway Ave.

Philly Friday: Neil Currie
Guitar Series: Bob Evans
The Basement, 204 Fourth Ave. N.

Illy Bob
Amey & Nany Club, 358 First Ave. N.

The Staircase ride this
Mickally Tolson, 3330 Eighth St. E.

Ben McConnell
Tear Town Tavern, 3330 Fairlight Dr.

Lean Ochs
Fairfield Senior Citizens' Center, 103 Fairview Ct.

The Dead South
Capitol Music Club, 244 First Ave. N.

Unlively Denim w/ Luvapunk and Good Enough

Amigos Carmina,
606 Duffin Ave.

The Bookworms w/ Hush
Papa and Pappa Records
Vampiro Tavern, 621 Broadway Ave.

Last Call
Stan's Place, 106-108 Ruth St. E.

These Colours Don't Run w/ Maelstrom Vols, Descrier
awards of August
Buds on Broadway, 617 Broadway Ave.

Rise Collar
Peggy's Pub and Grill, 1403 N. 4th Ave. N.

Sat., March 26

SW Café
Buds on Broadway, 617 Broadway Ave.

Flemo Detachment: Mawana
Onion
Harley Card Quarter
The Basement, 204 Fourth Ave. N.

Illy Bob
Amey & Nany Club, 358 First Ave. N.

Lady Hawk
Nutsa Legion, 3021 Louise St.

Latin Nights: Jaxxation
Eighties
Downtown Legion, 606 Spadina Ave. W.

London White
Mickally Tolson, 3330 Eighth St. E.

Dumb-Angel w/ Black Dead
and the Nervous Wreck,
and the '71 Dumb
Amigos Carmina, 606 Duffin Ave.

Things We Never Did It: Gosh,
New Wave and '80's Night
Vampiro Tavern, 621 Broadway Ave.

Revenge of the Trees
Capitol Music Club, 244 First Ave. N.

Spring (Baking) Cabinet
The Norm
Cosmo Saloon/ Centre, 616 17th St. E.

Merch Showcase: Jody
Heaven, Knee Socks, The
Poppers and Veto
The Underground Café, 430 20th St. W.

Last Call
Stan's Place, 106-108 Ruth St. E.

Rise Collar
Peggy's Pub and Grill, 1403 N. 4th Ave. N.

Sun., March 27

Acrustic Jam
Buds on Broadway, 617 Broadway Ave.

OK w/ White Arrows
Lulu's Pub, 93 Central Dr.

Tues., March 31

Siddy Robertson
Buds on Broadway, 617 Broadway Ave.

ART

Biggie Museum & Gallery
Sat. March 26 at 100 Third
Ave. W. in Glasgow: Works
by members of the art group
that met every Wednesday in
the gallery

Eye Gallery
Sat. March 27 at 171-173
College Dr. North Grand,
photographs by John Perret

SCM Art Gallery
Sat. March 27 at 230 Third
Ave. S. The Spring Show by Art
Group. Reception March 28
5:30 pm to 9 pm. First solo
show by Trevor Martin, March
30 and April 1. Reception
April 11, 2 pm to 5 pm.

EVENTS

Mindel Art Gallery

Until April 2 at 550 Spadina Cres. E., the gallery spaces are closed for installation of the spring shows. Sneak peak of the new exhibition, presented by Wanda Kowalski, April 1, 7 a.m. Spring exhibition, April 3 until June 7. The 17th World with works by Indigenous artists, School Art, and the HBC Artists by Artists-in-Residence exhibition, with work by Ben Gibson, who was mentored by Terry Edging. The gallery will be closed June 8.

Humboldt and District Museums and Gallery

Until March 27 at 621 Main St., in Humboldt, Central, a Local Perspective exhibit by the Saskatoon Pattern Guild.

330 Design Group

March 27, 5 p.m. to 10 p.m., and March 28, 10 a.m. to 5 p.m., in the lower level at 330 Ave. G. S. The Spring Show featured new works by M. Craig Campbell, Paula Galloway, Dale Hicks, James S. Korman, David Richardson and Ken Wilkinson.

Kahing Fine Art

Until March 26 on the eighth floor of the Occoborash Hotel. Modern-Born sculpture and acrylic paintings by Adrian Golden and contemporary oil paintings of landscapes and animals by Brian and Fran Francis.

Wink MP Upcycled Art Show 2015

March 28, 7 p.m. at Airwing Club and Sales. Their fourth annual Upcycled art show. This year a theme is into the Wild.

Freud Arts

Until April 25 at 434 30th St. Video Screenings by Alison Moore. A collection of panoramic video landscapes over multiple screens. Titled "Kishino" in New York, a membership program runs until March.



Wanda Kowalski's *Woman* by Chris Proctor is on display at the Gordon Sleepgrove Gallery.

28. New Video works by M. Shao, Orla Kiachenko, Kevin Macquarrie and Yoke Zhang, presented by Judy Poliwinski.

Gordon Sleepgrove Gallery

March 30 and April 2 in Room 151 of the University of Saskatchewan's Murray Building. Various media works by Chris Proctor. Reception April 2, 7 p.m.

Myrtle Jane on-Stage

Until March 31 at 2929 Eighth St. E. A mother-daughter show and solo watercolours by Helene Lorenson Mackay and photography by Emma Mackay.

Green Ark Collectible Home

Until March 31 at 212 29th St. W. A collection of landscapes and stills by Debbie Rungel.

Hume Art Supply

Until March 31 at 1118 Lorne Ave. In the Gallery by Jane Doolley.

Art in the Centre

Through March at Parkside Centre, 115 Grosvenor Cres. Artwork by Leslie Steadnick and Erin Haight.

The Gallery at Placements

Until April 2 at 236 Third Ave. S. A New Gallery by Janette Dupuis.

The Gallery at Frances Morrison Central Library

Until April 3 at 311 23rd St. E. Pick Up Sticks and Storybooks by Bonnie Conly.

Affinity Gallery

Until April 11 at 515 Broadway Ave. Cyrenia An exhibition of print- and video-based installation by Irwin Perle.

BL Thomas More Gallery

Until April 25 at 1437 College Dr. Collective Observation, the 10th annual UOACD instructors' and Certificate Students' exhibition.

CAR SHOW

APRIL 3 & 4, 2015

(GODD FRIDAY & SATURDAY, EASTER WEEKEND)

PRAIRIELAND PARK - SASKATOON, SK

10:00 AM TO 10:00 PM

First 1000 cars reach get a FREE car Wash as provided by Draggins Restaurant & Cullen's Club

Proceeds in support of

Saskatoon Food Bank 1150 29th Ave. West Saskatoon, SK S7N 1G6

IN AFTERNOON DRAGGINS RESTAURANT KING OF HISTORIC CARS

Sponsored by GREAT SASKATOON GEL SHAVER

FOR FURTHER INFORMATION VISIT DRAGGINSRESTAURANT.COM

DRAGGINS RESTAURANT 1150 29th Ave. West Saskatoon, SK S7N 1G6

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EVENTS

What you need to know to plan your week.
Send events to bridges@theatraphoenix.com

Centre East Gallery
Until April 12 at the Centre
display by the Scale Modellers
Association of Saskatoon in
the Royal, Jade, Amber, Diana
and Chisholm Galleries; and
a display by the Saskatoon
Public Schools in the Matriex
and Indigo Galleries.

AKA Artist Run
Until April 25 at 434 20th St.
18 Interior Lakes Express by
Robert Telfer.

**Western Development
Museum**
Through April 20 to 5 to 26 to
Come Ave. dig best travel-
ling Exhibit. In partnership
with the Royal Saskatchewan
Museum. A 92 million year-old
ossuoid skeleton brought
back to life through 3D imag-
ing.

FAMILY

Stay and Play
Tuesday, Wednesdays
and Thursdays 9:30 a.m.
to 11:15 a.m. through April
for children up to age five. Semi-
structured crafts, who is
story time, toys, activities.
Email [stayandplay@ca-
transjazz.com](mailto:stayandplay@ca-
transjazz.com) or visit this
Facebook page.

Alphabet Soup in Motion
Wednesday, April 25
through April 26, 10 to 11 p.m., at
Albert Community Centre,
610 Clarence Ave. No session
April 6. Presented by Conexus
Credit Union. A Free Fam-
ily program for parents with
preschoolers, stories, active
rhythms and family games.
Snacks and parent discus-
sion follow. Free admission.
Registration as space is limited.
Register at READ@caconexus.com
or 306-662-5448.

**Saskatoon Strong Mom &
Baby Fitness**
Wednesdays until April 6, 8
a.m. A mom and baby infant
exercise class. All fitness lev-
els are welcome. Registration
and information at saskatoonstrongmom@gmail.com
or to scsaskatoonstrongmom@gmail.com.



Children's education day will perform at TCU Place on March 29 at 10 a.m. THE CANADIAN PRESS/DAVID HOFF

**Fun Factory Indoor Play-
ground**
Daily at 15332 Quebec Ave.
A giant indoor playground
for young children, adults
and children under one year
are free. There is a separate
sanctuary in area for children
under two.

Children's Play Centre
Daily at Lawson Heights Mall.
A fun, safe environment for
preschool children to play.
Please note this is an unsu-
pervised play area, and adults
must stay with and supervise
children at all times.

Stairs on Strollers
Wednesdays, 1 p.m.-4 p.m.
Cinema in The Centre

Choice of two movies each
week. A baby-friendly environ-
ment with low-level volume,
dimmed lighting, a changing
table and stroller parking in
select theatres.

**Market Mall Children's Play
Centre**
Daily but off the food court
at Market Mall. This play area
is free and has different level
slides. Children must wear
socks in the play area.

Scouters Indoor Playground
Thursdays, 9:15 a.m. to 9:15
a.m., through May, at Cam-
musket Scout Centre, 1636
Acadia Dr. Parent-supervised
play area for kids up to age
five. A bounce house and toys

for kids designated infant
play area, coffee/bar for par-
ents. Registration an arrival
information at [scouting@
sask.ca](mailto:scouting@
sask.ca) or their Facebook
page.

Grp Clerks and Play
Daily, 10 a.m. to 5 p.m., in Bay
4 at 600 South Bellevue St.
in Walmart. Saskatchewan's
newest indoor playground.
For children up to age 12. Visit
canibundley.com or their
Facebook page.

Pop in & Play
Thursdays until May 2, 9:30
a.m. to 11:30 a.m., at 3300
Alliance Church, 330 Pesho-
off Cres. For children and their
parents. Monthly themes,
learning centres, snacks and
occasional speakers. Infor-
mation at [alliancepreschool-
lance.ca](http://alliancepreschool-
lance.ca).

Parent and Toddler Yoga
Thursdays, 9:30 a.m. to 10:15
a.m., and/or Saturdays, 10:30
a.m. to 11:15 a.m., at Yoga Life,
3-115 Third Ave. A. Classes
taught by Nina Zotti. For par-
ents and their toddlers ages
one to five. Introduce your
toddler to the world of yoga.
Classes include postures,
poses, meditation, awareness,
play and song. Classes are six
weeks. Register at [freedom-
fromwithyoga@gmail.com](mailto:freedom-
fromwithyoga@gmail.com)
or 306-381-6652.

Breastfeeding Cafe
Thursdays, 10 a.m. to 11:30
a.m., at Westview Primary
School, 3310 Fairlight Dr.
A drop-in support group
for breastfeeding women.
Sessions will be facilitated by
a lactation consultant with a
brief professional presenta-
tion, and time for interaction
with the other mothers.

Shop to Stroll
Fridays, 9:00 a.m. to 10:00
a.m. meet in front of Con-
sumer Service at The Mall
at Lawson Heights. Classes
consist of power-walking,
body-sculpting moves using
exercise tubing and a social-
izing for parents and babies.
Preceptor at [nannamcdo-
nald@shaw.ca](mailto:nannamcdo-
nald@shaw.ca).

Infantress.com. No classes on
sat holidays.

Movies for Monkeys
Thursdays, 10 a.m., at Midview
Cinema in The Centre. An
infant-friendly environment
with reduced sound, change
tablets, bottle warming and
snack parking.

Baby Talk at 10P
Fridays, 10:00 a.m., at Alca-
zar Theatre, Mondays,
10:30 a.m., at Carlie King
Theatre and 10:30 a.m., at
Cliff Wright Theatre. Half hour
singing and rhymes. The
singing with other parents.

**LLLO Saskatoon Evening
Series Meeting**
The last Friday of the month
through April, 8:30 p.m., at
1915 Forest Dr. The topic is The
Advantages of breastfeeding
to Mother and Baby. All wom-
en interested in infant feeding
are welcome. Geds and
parents are also welcome.
Call 306-655-4895 or email
llo@saskatoonllo.com

**Present at Partner Meet-
ings: Yoga for Children**
Saturdays, 1 p.m. to 1:45 p.m.,
at Birth Rhythms, 348 Third
Ave. S. Introduced by Nina
Zotti. Learn various tools
and techniques to help you
through labour and delivery.
No previous yoga experience
is required. Classes are six
weeks. Register at [freedom-
fromwithyoga@gmail.com](mailto:freedom-
fromwithyoga@gmail.com)
or 306-381-6652.

Pelican Weekend
March 28-29, 10 a.m. to 4 p.m.,
at Westview Valley Centre,
400 Third Ave. S. Discover
facts about pelicans, do a
scentwork hunt, play pelican
games and make a pelican
art. For all ages.

Kid Yoga Classes
Ages five to 10 on Saturdays,
11:30 a.m. to 12:30 p.m.; Home-
schooled ages five to 12 on
Mondays, 10 a.m. to 11 a.m.,
at Yoga Life, 3-115 Third Ave. S.
Classes taught by Nina Zotti.
Helps kids regulate emotion,

find focus, relaxation, self-
awareness and inner fulfill-
ment. Physically helps with
balance, strength, flexibility,
coordination and body aware-
ness. Classes are six weeks.
Register at freedomfromwithyoga@gmail.com

Free Family Fun
Saturdays, 2 p.m. to 4 p.m., at
the Midval Art gallery, 950
Saskatoon Cres. E. For ages five
to 12, accompanied by an
adult. Art-making activities
by gallery artists. Supplies
are provided.

Be B!
March 28, 2 p.m., at TCU
Place. The Canadian sing-
er-songwriter performs mu-
sic for children. Tickets at
306-975-7779. In addition to
proceeds benefit the Centre
for Child Learning.

Mom and Baby Yoga
Mondays, 11:55 a.m. to 12:30
p.m., at Yoga Life, 3-115 Third
Ave. S. Classes taught by Nina
Zotti. For mothers with babies
as young as six weeks. Tone
and strengthen your body.
Learn relaxation and medita-
tion tools and explore stretch-
ing yoga. Classes are six weeks.
Register at freedomfromwithyoga@gmail.com

Parenting 101
Mondays, 12 p.m. to 1 p.m.,
at Pregnancy and Parenting
Health Centre, 348 Third Ave. S.
Designed to help parents
prepare for parenthood with
parenting classes. Baby
friendly classes with a certified
yoga teacher. Suitable for four
weeks to two years postpartum.
Registration at parenting@wllc.com
or www.pregnancyandparentinghealth.ca
on start holidays.

**Canadian Light Source
(CLS) Public Tours**
Mondays, 1:00 p.m. at the Ca-
nadian Light Source. An in-
novation in science. The synchro-
tron research facility is open for
the public. Pre-registration is
required. Call 306-957-9544,
email public@lightsource.ca
or visit [lightsource.ca/visi-
tation/public_tours.php](http://lightsource.ca/visi-
tation/public_tours.php).

BRIDGES

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

Prenatal Yoga

Mondays, 8 p.m. to 7 p.m., at Pregnancy and Parenting Health Centre, 541 Third Ave. S. Taught by a doula and certified postnatal teacher. Informative and safe for any stage in pregnancy. Call 306-291-5344 or email info@pregnancyandparenting.com. No class on staff holidays.

Playtime

Tuesdays, 9:30 a.m. to 10:30 a.m., at Grace Westminster United Church. Hosted by Prairie Hearts Learning Community, a group of families inspired by Waldorf philosophies. Programming is aimed at children ages two to five, but all ages are welcome.

Preschool Story Time

Tuesdays, 10:30 a.m. to 11 a.m., at Menckley Robinson, 330 Eighth St. E. For children ages three to five. In the Circle of Trees. Call 306-585-1477.

Engineering for Kids

Children ages four to 14 can learn about technology and how engineers help it develop. Classes, camps, parties, and clubs with hands-on STEM enrichment activities. Get information and register at engineersforkids.net or sektion@engineersforkids.net.

PRICKLE & RIBBON Saskatoon

Regular after-school programs, preschool classes and camps for kids of all ages at various locations in Saskatoon. An atmosphere for students to build unique creations, play games, and have fun using LEGO bricks. Visit prickleandribbon.com or call 306-573-2143.

Saskatoon Public Library Programs

Ongoing daily programs for children and families. Find the calendar at saskatoonlibrary.com/rdc/1676.

SPECIAL EVENTS

Saskatoon Farmers' Market
Open year-round. Wednesday and Sunday 10 a.m. to 3 p.m.,



A view sign of spring at Saskatoon's Gardenscape, which puts this weekend at PrairieHeart's Hands First Month to showcase nature.

and Saturday 9 a.m. to 2 p.m., farmers are in abundance. Tuesday through, 10 a.m. to 5 p.m., and Saturday and Sunday during market hours. Food service and specialty shops are open. Information at saskatoonfarmersmarket.com. Contact 306-384-6323, info@saskatoonfarmersmarket.com.

Saskatoon Basement Store

Wednesdays, 10:30 a.m. to 3 p.m. at 313 1/2th United Church, 424 1/2nd Ave. Clothing for babies, children, men and women, and jewelry. Funds raised support the Luthliffe project.

Mayfair Carpet Bowling

Wednesdays, 1:15 p.m. at Mayfair United Church. Beginners and experienced players are welcome. For information call 306-811-8871.

Literature Mothers Talk

March 25, 7:30 p.m. at Grace Westminster United Church, 535 10th St. E. Literature and the Atomic Bomb by Lindsey Biles.

2014 Annual Vegetarian Banquet

March 26, 6:30 p.m., at PrairieHeart Park. Presented by the

India Society of Saskatchewan. Guests of Honour are National Chief of the Assembly of First Nations Perry Bellegarde and Chinese Minister of Agriculture, Food and Forestry, Gao Qiang. Indian vegetarian cuisine and live entertainment. Tickets at 306-978-4656, 306-305-4882, info@saskatoonveg.org. Ticket deadline is March 20. Funds raised support Sri Lankan-Haitian Relief.

Carpet Bowl

Thursdays, 12:15 to 2 p.m. at Nations Legion Hall, 3021 Louisa Ave. Hosted by the Nations Senior Citizens Association. Lunch and coffee are available for a fee.

Legacy River and The Pavilion

March 26, 7 p.m. at The Pavilion, 404 Sherman St. Featured artists with the Gaffner Homecoming concert. Tickets at 306-946-1909 or at the door.

Live Live

March 26, 7 p.m. at the Sheraton-Cavalier, 614 Saskatchewan St. A night of comedy, food and a unique experience. Seating/first house. Tickets at theadventurezone.com.

Presented support work of the NSAD Saskatoon

Comedy Night

March 25, 7 p.m. at Capital Music Club, 264 First Ave. Featuring Crown King. Admission at the door.

SFIC Dinner

Thursdays, 7 p.m. in room 13 at Albert Community Centre, 610 Clarence Ave. S. Saskatoon International Folkdance Club. Learn dances from many countries around the world. First night is free. Visit www.sfic.com.

Making Hops Brew & Co.

March 26, 8 p.m. at Cosmos Seniors Centre, 614 16th St. E. Featuring J. & B. Road, Jay Samba, Theresa Solymite and Ken Mabe. Tickets at the door. Funds raised support Hope Cancer Help Centre.

The Brain and the Body: Making Connections in Understanding Contemporary Movements

Thursdays until May 28, 8:30 p.m. to 10 p.m. at Free Flow Dance Centre, 226 25th St. W. Produced by the Free Flow Dance Theatre Company. Free

community dance workshops for ages 17 and up. Instructors are trained hula hoers and Jackie Lathrop-Dance. Free and creative movers are invited to attend any or all of the workshops. Information at freeflowdance@hotmail.com.

Adult Canvas Painting Class

March 26-27, 9 a.m. at Mill Point Pottery, 310 16th St. E. For ages 16 and up. A drop-by-drop class in acrylic painting. The project is Mother's Year Best. Register at 306-372-3476.

Saskatoon Gem and Mineral Show

March 26-29 at Heritage Inn, 101 Central Ave. Presented by Silver Cove. Showcasing gems, minerals, fossils, jewelry, beads and crystals. Information at silvercove.biz.

All-You-Can-Get Vennery (Perky) Supper

March 27, 6 p.m. to 7 p.m. at Ukrainian Orthodox Cathedral Auditorium, 905 20th St. W. Includes dessert and a beverage. Men and women welcome. Information at edna@ukrorthodox.ca.

WOL Youth Poetry Slam Final

March 27, 7:30 p.m. at Leam Loft, 103 Campus Dr. Hosted by Write Out Loud. Featuring local Slam poets can win a chance to compete in Ottawa at the national youth poetry festival. Admission at the door.

Fourth Annual Hokey! Spring Ukelele Open Cabinet

March 27, 8 p.m. at Suburban Hall, 1102 Central Ave. An old-timey ukelele jam for best-dressed. Featuring Red Hair. Tickets at picnic. An 18+ event. Proceeds will support local charities.

Free to Lead: Women's Leadership Conference

March 28-29 at Elberon, 177 Mainline Ave. Hosted by Horizon College & Seminary. A conference to inspire, equip and empower Saskatchewan women leaders. Free.

speaker Louise Mubister and several workshops. Tickets at events1.ca.

Gardenscape

March 27-29 at PrairieHeart Park. Presented by Saskatoon's Blue Cross Foundation. Gardenscape Wildlife exhibit on animal species, Canadian Olympic Congress, trade show and marketplace with landscape decor, plants and furnishings. Featuring guest speaker Lyndee Penner, horticultural instructor, author and columnist. Tickets at prairieheartevents.com or at the door.

2014 Annual Canadian Orchid Congress

March 27-29 at PrairieHeart Park. Hosted by the Saskatchewan Orchid Society in conjunction with Gardenscape 2014. With orchid vendors from Texas, Ecuador and Canada. A traditional show with displays of plants and art, educational presentations and workshops. Gardenscape admission applies. Information at saskorchid.com.

Westside Community Centre's Clothing Depot

March 27, 10 a.m. to 2 p.m. at South Fairlight Dr. Free clothing for all ages. Free baked goods from a local bakery. The take donations of clothing, food and home appliances. Information at 306-323-8132.

Walk "Live" Class Demo

March 28, 12 p.m. at Westside Community Church, 3102 Laurier Dr. Walking provides many health benefits through mental activity and muscle and bone conditioning. Information at 306-322-8600, sandy.walker@westside.ca or Facebook. Classes start in April.

Easter Tea and Bake Sale

March 28, 10 p.m. to 2:30 p.m. at Ukrainian Orthodox Church Auditorium, 910 20th St. W. Hosted by the UWMC - Oles Kobylanskiy Branch. With door prizes, raffles, games and books. Admission at the door.

EVENTS

Theater and Theatre

March 28, 10 a.m. to 3 p.m., at: Co-Mo Sisters Centre, 614 11th St. E. Home décor, jewellery, pens, accessories, coffee, tea, candies, clothing, health and beauty, and crafts with local craftspersons and home-based businesses. Admission is free.

Easter Tea and Bake Sale

March 28, 1:30 p.m., at: St. George's Cultural Auditorium, 204 Ave. M. South. Hosted by St. George's UOWLC. Featuring Easter breads, bake sale items, sausage, penne, cabbage rolls, peas, raffles and door prizes. Admission at the door. Lunch is included.

Third Annual Huckle Track & Field Gala

March 28, 5:30 p.m. to 11 p.m., at the: Sunken Cultural Centre, 160 Cartwright St. E. An evening to celebrate and support the Huckle Track & Field program. Supper, speakers, live music by various alumni, silent auction, beer/pan, cash bar and 50/50. Tickets at \$20.00 each.

Haupfry Bingo

March 28, 7 p.m., at: First New Dance Centre, 224 25th St. W. Presented by First New and Roadside Burlesque. Stand bingos, callers, artists, raffles, entertainment, contests and a whole lot more. Admission at the door. This is a 19+ event.

PKCA Film Fundraiser

March 28, 7 p.m., at: Saskatoon Christian School. A coffee and music fundraiser for PKCA - a charitable organization. Featuring The Duo winners Breakout and Denise Wade. With The Cavern Wailers, Sister Silve and The Odd Tunes. Tickets at \$14.00 each or at the door.

Disque Retroevening

March 28, 7:30 p.m., and March 29, 3 p.m., at: Broadway Theatre. Presented by the Newman Shows Glee Club. Songs from Prosser, The Lion King, The Little Mermaid, Hercules and The Wizard. Tickets at \$10.00 each. 306-623-8555

Saskatoon's New Celebration

March 28, 7:30 p.m., at: TCU Place. Saskatoon Symphony Orchest-

ra in a Master Series. Featuring saxophonist David Weber, soprano Daniela Loren, baritone Nathan Berg, guest conductor Eric Poirier, Saskatoon Graduate Students and University Chorus. With works by Holmby-Roy, Gieseler and Fauré.

Slow Food Salon

March 28, 1:30 p.m. to 3 p.m., at: The Local Coffee Shop, 181 Third Ave. S. A conversation salon on an ongoing gathering of people who share a passion for food. The topic is Tales of Terra Madre. Members share stories of their pilgrimage to the Slow Food International conference in Italy.

Piase

March 28, 2:30 p.m., at: Wetmore Civic Centre. Presented by Wetmore and Arts & Arts Council and Stars for Saskatchewan. The evening will also perform. With apple pie and coffee. Admission at the door.

Tonight It's Poetry

March 28, 7:30 p.m., at: The Words & Ink, 148 Second Ave. N. Poetry Slam featuring Miss Clark.

Jazz Vespers

March 28, 7:30 p.m., at: St. Anne's Church, 217 Lorne St. W. Presented by The Saskatoon Jazz Society. Led by Father Lawrence DeMars. With musical performances by Toronto's Harley Card quartet. Donations at the door.

Yours Free Giving

March 28, 12 p.m., at: Convocation Hall at the U of S. Celebrating 25th Anniversary. March 28, 12 p.m. to 3 p.m. March 30 and April 3, a short presentation will be held in the hall with speaker Gordon Genshart. Corporate welcome.

Port Luck Supper

Last Monday of each month at: Nulavus Centre, 3021 Lakeshore Ave. Hosted by the Nulavus Senior Citizens Association. Bring food for the potluck. Admission at the door.

Off-Broadway Performers' Market,

International Bazaar, and Bistro Tuesday, 11 a.m. to 6 p.m., in the basement of Grace-Weinstein



her. Costumes Go Dancing runs March 29 at The Refinery. www.refinery.ca

United Church, 545 10th St. E. Offering a variety of freshly baked food, clothing and accessories from India, pet products, baking, and lotions. New vendors welcome. Call 306-664-2640 or email jessica.hartman@shaw.ca.

Psyanky Party

March 31, 5:30 p.m. to 8:30 p.m., at: Station Arts Centre, 701 Railway Ave. in Robson & one-night Urbania Center jazz painting workshop for all ages. Each child must be accompanied by an adult. Register at 306-252-0332.

Saskatoon Regional Science Fair

April 10 to 5 p.m. to 11:30 a.m., at the U of S Education Building. Students from Grades 5 to 12 present their scientific achievements while com-

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

at 306-250-4337, 306-653-4454, 306-350-6348 (jhaugen@scs.ca, ajhaugen@scs.ca).

THEATRE**Discovery Festival**

March 29-30 at Studio 914, 914 26th St. W. Presented by La Troupe du Jour, 197C, Denzley Sky Theatre, and Saskatchewan Playwrights Centre. The first night is in French. Featuring Manitoba works in progress. The second night is multilingual, with an international program highlighting the Spanish language. Ticket at 306-567-1221, lt@troupedujour.ca.

The New Hour

March 28, 9:00 p.m., at: La Fête, 308 Fourth Ave. N. The improv comedy troupe performs. Admission at the door.

Cosm Boy

Until March 28 at: Dreyfus Theatre, in the U of S John Marshall Building. A tale of two brothers at the Conn Hospital for orphaned children: Bob, saved from an African slave ship, and Annie, the abandoned son of the baron to a great estate. With music from Handel's Messiah, performed by a live choir. Tickets at 306-966-3846.

Vigil

Until March 29 at: Penzance Theatre. Devoted to a miscarriage. Kimp starts his job at a second-rate bank to see off his dying Aunt. Only to find that his Aunt's name is to have no intention of going anywhere. Tickets at 306-561-1721, penzance@penzance.ca.

Two Corpses Go Dancing

Until March 29 at: The Refinery. Presented by The Fine. Produced by The Upright Citizens Brigade. Adapted from a short story by Isaac Disraeli Singer & dark musical comedy of two forgotten acts, Italia and Tilda, brought back from the grave by a woman to reclaim their former lives. Tickets at 306-634-5191, the-refinery.ca.

Event listings are a free community service offered by The Star. Listings will be printed if space permits. Submission deadline is two weeks before the event date.

OUTSIDE THE LINES

Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished creation and email it to bridges@thegigglefactory.com. One winner will be chosen each week.



Last week's contest winner is Macy Westgard. Thanks to everyone who submitted entries.



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SHARP EATS

See a food trend you think deserves a highlight in Bridges?
Email bridges@thestarphoenix.com
or visit Bridges on Facebook

SASKATCHEWAN FOOD SCENE

Prairie-grown quinoa perfect for baking



Quinoa pumpkin muffins are high in protein and carbohydrates. (Bridges Photo by Chris Bridges)

By Jenn Sharp

Quinoa isn't a traditional grain to grow in the prairies, but a family from Saskatchewan developed a variety that thrives here and is now sold across the country.

Joe Dutchman, and his family started growing quinoa on the prairies more than 20 years ago. "Before it was popular," says Benjie Gomes, Joe's daughter-in-law.

Norgau's quinoa is a different type than the typical South American variety sold here. Norgau's golden quinoa has a strong earthy flavour, and is

high in protein and carbohydrates. It's a result of Dutchman's breeding program, specialized to produce a delicious, nutrient-dense grain that's adapted to growing in Canada.

Norgau contracts growers throughout the Prairie provinces to grow the quinoa (it grows best in the north where it's cool and dry), which is then processed in Saskatchewan. Qdoo Food Sales, made along with the whole grain and a crispy puffed product are available at the retail location at 1015 Miller Ave. in Saskatoon.

Quinoa is a complete protein source and provides all nine essential amino

acids. The versatile grain can be used in everything from salads to cookies. Gomes likes using it for muffin rolls too — it can be cooked in a sticky texture. She experiments with it a lot.

"We eat quinoa almost every single day," she laughs. Norgau's quinoa products are a new staple at the Riverbend Plantation stand at the Saskatchewan Farmers' Market, Driver Grove. Whittington adapted a recipe using the flour into a best-selling quinoa, pumpkin muffin. "The muffins were a big hit."

"We sold out of the flour. And we sold out of the muffins (the first

week)," says Whittington.

Many of her customers at the farmers' market are often looking for something healthy and local. The muffins appeal on multiple fronts.

Whittington also operates the Prairie Pantry attached to Riverbend's stand at the market. When a new product is for sale at Prairie Pantry, the kitchen next door provides an ideal way to show customers what they can make with it.

Sheri Buckles, who works at the Prairie Pantry, has Celiac Disease and says Norgau's products have been a blessing. The fact that it's a Sas-

katchewan company makes it that much better.

"Food is the new black. You should search in your backyard before you ever go outside that," she says.

In addition to the Prairie Pantry in Saskatoon at the farmers' market, Norgau's products are sold in several grocery stores, such as Co-op, along with Eat Healthy Foods in Regina.

For other store locations, along with recipes for using the quinoa, go to www.qdoo.com.

jsharp@thestarphoenix.com
Twitter: @jsharp2002

SHARP EATS

GRACE'S QUINOA PUMPKIN MUFFINS

Grace Whittington adapted this recipe to use less flour than the other muffin recipe she found. She likes reducing the flour as it results in a lighter, fluffier muffin.

Makes 12 small muffins or six jumbo muffins

INGREDIENTS

- 2 ½ cups all-purpose flour
- 1 ½ cup Marquis quinoa flour
- ½ tsp salt
- 1 tsp baking powder
- ½ cup baking soda
- ½ cup brown sugar

2. Sift together the above ingredients

- 1 ½ cup oil (can pumpkin oil)
- 2 large egg
- ½ cup pure maple
- 1 ½ cup pumpkin puree

3. Mix wet ingredients together

4. Add wet ingredients to dry and blend until smooth

5. Spoon into muffin cups. Top with more pumpkin seeds.

6. Bake at 375 F for 30 minutes for small muffins or 35 minutes for jumbo ones



Photo: Quinoa. Photo: Photo: Michelle Pitts



Quinoa pumpkin muffins

FREE FAMILY FUN! EVERY SUNDAY, 2-4 P.M.

Family fun every week, PLUS these special events

Sunday, April 6 at 2 p.m. Bunny Buddies
Celebrate the holiday with your own bunny creation

Sunday, April 12 at 2 p.m. Meeting Workshop for Youth and Adults
Investigate animal architecture through mixed media and collage with Artists in the Arts
Exhibitors: Terry Dillings and Don Olson. All skill levels welcome. Materials provided. Call Carol at (306) 375-8144 to register.

Sunday, April 19 at 2 p.m. Public Reception for School Art 2013
Join us for celebration and refreshments, then build School Art World Hats for Earth Day after the reception until 4 p.m.

Waskia Gallery Open July 19th - 1 p.m. | Mid-April 2014 | 306-655-1101 | www.waskia.com

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RECIPES

Green veggie pumps up pesto base for these pizzas

By Ellie Krueger

This easy recipe sheds new light on two foods you might think you know pretty well — broccoli and pasta — by instantly hitting the “refresh” button on both of them.

Whisking broccoli in a food processor with a generous handful of fresh basil leaves, some good cheese and olive oil gives the ubiquitous everyday vegetable a moment of glory as a flavorful emerald-green pesto. It's delicious to toss with pasta, spread on sandwiches or serve with crostini, but here it goes the last step: layer it on a pizza that upgrades your notion of what a pie can be.

This is not the usual tomato-and-mozzarella variety that all too often is laden with grease. Here, that gorgeous broccoli pesto is spread over whole-grain flatbread, sprinkled with cheese and dried tomatoes and topped with an egg that cooks to sunny perfection as the whole thing bakes and the crust crisps.

You stand up with satisfying air

divided pizza that are a breeze to whip up for a rush-hour dinner. They have a freshly appealing look and taste, and they're good for you too.

Flatbread Pizzas with Broccoli Pesto, Sun-Dried Tomato and Egg

4 servings

From nutritionist and cookbook author Ellie Krueger

> 3 cups (300 mL) cooked, chopped broccoli, defrosted if frozen

> 1 cup (250 mL) lightly packed basil leaves

> 1/2 cup (60 mL) freshly grated Parmigiano-Reggiano cheese

> 1/4 tsp (1 mL) salt

> 1/4 tsp (1 mL) freshly ground black pepper

> 2 tbsp (30 mL) extra virgin olive oil

> 4 whole-grain flatbreads, each as package says or less — about 7 in (17.5 cm) in diameter, 3 oz (85 g) each

> 1/2 cup (60 mL) packed, small, sun-dried tomatoes, cut into halves (see “Note”)

> 4 large eggs

Directions

1. Preheat the oven to 475 F (245 C). Have one or two large baking sheets at hand.

2. Cook the broccoli, 2-3 cups (150 mL of the liquid, 4 tbsp 60 mL) of the cheese, the salt and pepper in a food processor. Pulse to form a coarse mixture. With the motor running, drizzle in the oil and process to form a fairly smooth pesto. Stop to scrape down the sides of the bowl as needed.

3. Spread the pesto evenly over each flatbread, stopping about 1/2 in. (1.3 cm) from the edge and leaving a space in the centre of each one for the egg. Arrange the flatbreads on the baking sheets. Scatter the sun-dried tomatoes over the pesto.

4. Crack an egg into the centre of each flatbread. Bake until the egg whites are cooked but the yolk is still runny and the bread is crisp, 12 to 15 minutes.

5. Cut the remaining bread into ribbons, garnish the pizzas with the basil and the remaining cheese. Serve warm.



Flatbread Pizzas with Broccoli Pesto, Sun-Dried Tomatoes and Eggs have a fresh, appealing look and taste, and they're good for you too. bit.ly/ckvto THE WASHINGTON POST

*Note: If the sun-dried tomatoes are especially dry, place them in a bowl and cover with hot water to soak for 10 minutes, then drain and cut into halves.

Ellie Krueger's most recent meal book is *Weightless Wonders: Delicious Healthy Dinnners in 30 Minutes or Less* (Da Capo/North Atlantic, 2011).

Next week in BRIDGES

Inside the life and work of Saskatoon's cutting-edge neurosurgeon nicknamed "Dr. Robot"



WINE WORLD

#SASKATCHEWAN WINE SCENE

A South African pick for Pinot Grigio fans

By James Romanow

One of the aides to receive insufficient attention in this province (and indeed across Canada) is the one holding South African wines.

South Africa was an important wine land before other countries. The vineyards are almost a suburb of Cape Town these days, and were among the first farms planted by Europeans. They make first-rate reds and whites. They excel at Rhone-style red blends, and a variety that is unique to the country, Pinotage. They also make great whites and white blends. You know on the blend but if you are a little less of a connoisseur, you may prefer to leave a varietal label on the front label.

Pinot Grigio has taken the world by storm in the last 10 years. Most of what people drink under that name has little resemblance to the bright, supple white that started this revolution. I have more or less given up drinking the \$50 red of the vintages as they get rather inept. And, an aging and writing friend of mine, dreads there will be left prose drinking them as "sulfurous."

Niderburg is quite a reliable wine label something along the lines of a South African Jonson Triggs. They produce quite decent, and often under-rated, wines for several levels of the market. Their Pinot Grigio is not quite a Valdega copy being a vine but rather with



higher alcohol and a touch more sweetness. On the other hand, it is a very light wine, almost without colour. The bouquet is a nice citrus, and the palate is brassy, tasting of green apple. It keeps the more intelligent grapefruit edge that lesser winemakers miss.

If you're a PG drinker and haven't tried Niderburg, you need to.

Niderburg Winemakers Reserve, 2013 \$15

Back to the 'We to Monday's campaign. The future on Twitter @idream.

Crossword/Sudoku answers

C	C	C	P	A	S	S	I	S	I	B	P	S
U	L	N	A	S	P	I	D	E	R	I	P	
B	A	B	I	E	R	O	C	K		U	N	O
E	N	C	A	R	T	A		I	N	T	O	
				B	O	O	K	S	T	H	E	C
E	V	E	L	V	N		T	R	I	P	E	
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Q	U	E	S	T	I	O	N		T	H	E	D
S	S			A	N	O	D	E		E	L	M
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E	R			B	A	T	T	E	R		S	N

2	8	4	9	7	5	1	3	6			
1	3	9	2	6	8	7	4	5			
7	6	5	4	1	3	8	9	2			
8	4	1	7	9	6	5	2	3			
5	9	7	1	3	2	4	6	8			
6	2	3	8	5	4	9	1	7			
9	1	8	3	2	7	6	5	4			
4	5	2	6	8	9	3	7	1			
3	7	6	5	4	1	2	8	9			

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